



A GUIDE FOR MEN
WHO ARE READY
TO REDUCE THE
AMOUNT OF
FAT THEY EAT



FOOD STEPS: A Guide To Eating Better

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**What this
guide is
about.**

Congratulations on deciding to change the way you eat!

First, this guide is **not** a diet. It's a step-by-step plan to help you learn how to choose lower-fat foods.

Second, don't be put off by the size of this guide! It's long because it contains both background information *and* practical step-by-step help. In this guide, you'll find out more about:

- how small changes can make a big difference
- how to deal with cravings
- how to control your weight
- why eating well will give you more energy
- why eating less fat will reduce your risk of heart disease, cancer, and diabetes.

The ***FOOD STEPS*** Program consists of four guides designed to help men change how they eat. This is the third in the series. It helps you reduce your fat intake.

What if I'm not at Step 3?

The back cover of this guide describes all four guides in the ***FOOD STEPS*** Program. Read the description and choose the one that's right for you. Order it by mail or telephone.

How does this guide work?

IMPORTANT

This guide should not be used by:

- women
- anyone under 19 years of age
- men who must change their eating habits for medical reasons.

If you need to follow a special diet, ask your doctor for a referral to a Registered Dietitian.

Because our eating habits have been with us for a long time, changing them usually takes some time and planning.

To improve your chances of success, we suggest you start by changing only one eating habit at a time. This way you'll have a much better chance of succeeding. This guide focuses on just one change -- **reducing the amount of fat you eat.**

The first part of this guide **gets you ready**. You'll find important information on:

- how to identify fat in your diet
- how to read food labels
- how to make wise choices in the supermarket
- how to calculate how much fat you should eat
- how to estimate how much fat you're eating now.

How do I use this guide?



The second part gives you *Activities* to help **make it happen**. You'll find:

- a 10 week, step-by-step plan
- ways to still eat some high-fat foods
- how to deal with your cravings.

Other men who have read this guide have suggested reading it like this:

First, skim through the whole guide to get an idea of what it's about. **Then**, read it through more slowly. Do all of the *Activities* as you come to them. These *Activities* are based on proven ways to help you change how you eat.

Give yourself plenty of time to work with this guide. Continue your lower-fat way of eating for a full three months. Then, when you are ready, order the next guide:

FOOD STEPS 4: A Guide For Men Who Want To Keep Their Low-Fat Way Of Eating.

It will help you stay with your lower-fat way of eating.



Getting ready to change.

Many men fear that cutting down on fat will mean making big changes. Not so. You won't have to give up the foods you like, and you won't have to eat lots of strange foods you don't like.

Here's all you have to do:

- **make *small changes* in the way you eat**
- ***reduce the fat* in your favourite foods so you can still enjoy them**
- **eat smaller portions of your favourite high-fat foods**
- **eat regular meals and snacks daily**
- **eat high-fat foods *less often*.**

That's all there is to it. When you're comfortable with one of these changes, then you can try another. By making *one change at a time*, you'll find that you'll soon be used to eating lower-fat foods.

Get support.

Getting support from family, friends and co-workers can make a big difference in helping you change your eating habits. Do the *Get Support Activity* on the next page. It can help you see how others can assist you to change the way you eat.

FOOD STEPS 3 ACTIVITY A

Get Support

Changing your eating habits is much easier if you have the support of your family, friends and co-workers. Here is what a supportive person can do:

- make you feel good about what you're trying to do
- help you cut back on the amount of fat you eat
- make some of the changes with you
- help you deal with temptations to eat high-fat foods
- talk to you about the stresses in your life.

Support can make all the difference, so don't be afraid to ask for help.

Make a list of the people who can help you:

- _____
- _____
- _____
- _____

How can they help you?

- _____
- _____
- _____
- _____

How can you help your support person(s) help you?
(e.g. help with the cooking, shopping, menu planning, etc.)

- _____
- _____
- _____
- _____

Reduce the amount of fat you eat.



Follow Canada's Food Guide to Healthy Eating.

Why focus on reducing fat?

Men need to reduce the amount of fat they eat because most eat way too much. And diets high in fat have been linked to heart disease and some cancers.

What are the benefits of eating less fat?

Eating less fat has many benefits. If you eat less fat you can:

- reach a healthy weight and stay there
- reduce your risk of heart disease, diabetes, and cancer
- improve your energy levels.

Is reducing the amount of fat I eat enough for good health?

No, eating less fat is just one way to improve your health, but it is a major one. You should still follow *Canada's Food Guide To Healthy Eating* to make sure that you eat a balanced diet.

Canada's Food Guide to Healthy Eating is for all Canadians over the age of four. It covers what kinds of foods we should eat and how much.

Every day, we need:

- a good variety of foods
- plenty of cereals, breads, and other whole grain products
- a variety of vegetables and fruit



- lower-fat dairy products, leaner meats, and foods prepared with little or no fat
- regular physical activity and healthy eating in order to reach a healthy weight and stay there.

Canada's Food Guide to Healthy Eating also recommends how much from each of the four food groups we should eat. The amount of food recommended is based on how physically active we are. In this way, we obtain not only the nutrients we need, but can also maintain a healthy weight.

The table on the next page lists the ranges of food we need from each food group. For example, it says that we need from 5 to 12 servings of Grain Products every day. This means that a very active man may need 11 to 12 servings of grain products per day. A less active man may need 9 to 10 servings, and a very inactive man may need 7 to 8.

Choose the number of servings from each food group that best matches how active **you** are. If you wish to lose weight, choose from the lower ranges of each food group. Make sure you have at least the minimum number of servings from each food group each day.

Choose the number of servings that meets your activity level.



NUMBER OF SERVINGS PER DAY

5 to 12 servings of Grain Products

*1 serving = 1 slice bread, 1 bowl cereal, ½ cup cooked rice or pasta.

5 to 10 servings of Vegetables and Fruit

*1 serving = 1 medium size piece of fruit, ½ cup cooked vegetables, 1 cup salad, ½ cup juice.

2 to 4 servings of Milk Products

*1 serving = 1 cup milk, 50 grams (2 oz) cheese, or ¾ cup yogurt.

2 to 3 servings Meat and Alternatives

*1 serving = 50 to 100 grams (2 to 3 oz) of meat, fish or poultry, 1 or 2 eggs, ½ to 1 cup beans, 1/3 cup tofu, 2 tbsp peanut butter.

Other foods: Foods that don't belong to the four food groups e.g., fats, oils, sugars, honey, jams, high-fat/sugar baked goods and snacks, alcohol, pop, caffeinated drinks. Use in moderation.

*Use the above serving sizes as guidelines to determine the serving sizes of foods not listed.

The advice in this guide follows *Canada's Food Guide To Healthy Eating*.

More about fat.



What is fat?

Fat is an important nutrient. We need fat to maintain healthy skin and to help absorb the vitamins A, D, E, and K.

Which foods contain fat?

Some fat is easy to find because it can be clearly seen in butter, margarine, oil, or fat on meat. Other fat is hidden either because it is added in the cooking process, or because it occurs naturally in the food.

For example, gravy, sauces, cake, pastry, crackers, croissants, donuts, muffins, cookies, and snack foods like chips, are all foods to which fat has been added as an ingredient or through cooking. Whereas nuts, cream, cheese, ice cream, avocado, skin on chicken, and fat marbling in meat are examples of foods in which fat occurs naturally.

What about the different types of fats?

Some fats are better for you than others. However, if you reduce the *total* amount of fat you eat, you will be cutting back on the type of fat that may be most harmful to you.

Will I have to give up all foods that contain fat?

No. Some fat is important. We need to eat some fat, but many of us overdo it.

Learn where to find fat.



We want to help you to *reduce the amount* of fat you eat, not cut it out altogether. Besides, we promised you that you can still eat some of your favourite high-fat foods in your new eating plan. All we want you to do is *cut it back* -- not cut it out.

I eat out a lot. How can I still do that and eat less fat?

This is an important question since many men eat out an average of 4 to 5 times a week. We show you later in this guide how to make lower-fat choices when eating out.

Before you reduce your fat intake, you have to know where it is. Healthy eating begins with the foods you buy, so you need to learn what foods are the best choices in the supermarket. Since many foods are packaged, you also need to learn how to read food labels so you can buy lower-fat foods. On the next page, you'll learn how to read a food label.



HOW TO READ A FOOD LABEL

Food labels are a great source of information. You can find out how much fat is in a product in three places:

- in the Ingredient List
- in a Nutrition Claim
- under Nutrition Information.

Ingredient List:

All packaged food must have an Ingredient List. In this list, all the ingredients must be listed in order from the highest to the lowest amounts. So, the closer to the top of the list the fat is, the larger the amount of fat in that product. See the sample label below.

Sample Label:

Crackers

INGREDIENTS:

Enriched flour, **vegetable oil shortening**, rolled oats, cracked wheat, salt.

←Vegetable oil shortening is the second highest ingredient in these crackers. Therefore, this product is likely high in fat.

To see how this works, find three items in your cupboard with Ingredient Lists, such as crackers, cereal or cookies. Look for fats in the lists. ***If a source of fat is one of the first three ingredients, the product is probably high in fat.***

HOW TO READ A FOOD LABEL

Nutrition Claims:

Some products also claim to be “Low-Fat,” “Light,” or “Cholesterol Free.” Food manufacturers make these claims in order to sell their products. Some of these statements are true, but some are misleading. For example, some say “Cholesterol Free,” but it may be that the product never had cholesterol in it. And “Light” can mean many things - light in texture, taste, colour, sodium (salt) or fat. However, each of these claims must be backed up with information on the label, so read your labels carefully.

Nutrition Information:

This section tells you about the nutrients in the food. This information is optional, but if it appears, it must be listed in the same order as in the following example.

Sample Label:

Lite Oriental Chicken Dinner

Nutrition Information per 284 g serving (1 meal)	
Energy	250 Cal
Protein	12 g
Fat	6 g
Carbohydrate	26 g

This is based on a reasonable *serving size*. If you eat a larger amount, all the numbers increase. So **watch your serving size!** Eating too much of a low-fat product will add up to a lot of fat!



HOW TO READ A FOOD LABEL

Finding high-fat foods.

The Nutrition Information label gives the number of calories, and the amounts of protein, fat and carbohydrate per serving. This information helps you find out how much fat is in a food. In most cases, you should choose foods that provide 30% or less of their calories as fat. Even if a product is high in fat, you can still eat it if the *total amount of fat* eaten for the day is low. Now, we'll show you how to calculate the percentage of calories from fat in a food, using the Nutrition Information.

Sample Label:

Lite Oriental Chicken Dinner

Nutrition Information per 284 g serving	
(1 meal)	
Energy	250 Cal
Protein	12 g
Fat	6 g
Carbohydrate	26 g

⇐ serving size

⇐ calories per serving

⇐ grams fat per serving

Note: 1 g fat = 9 calories

If you like, use a calculator to complete the following steps:

1. According to the label, this chicken dinner has 6 grams of fat per serving. Since 1 gram of fat has 9 calories, the fat in one serving provides $6 \times 9 = 54$ calories.
2. To calculate the percent of calories from fat we use the following calculation: $(\text{calories from fat} \div \text{total calories}) \times 100$. For example, this product contains 54 calories from fat and a total of 250 calories.

HOW TO READ A FOOD LABEL

Divide 54 by 250, then multiply by 100 ($54 \div 250 = 0.22 \times 100 = 22\%$). Therefore, 22% of the calories in this product come from fat. Since this amount is less than 30%, this is a **lower-fat** product.

Because you don't always have a calculator with you, here is a quick **“rule of thumb”**:

- For every 100 calories, the food should have no more than 3 grams fat. If it has more, it has more than 30% of its calories from fat.

Let's try this rule on the Oriental Chicken dinner. It has 250 calories. Divide 250 calories by 100 calories, and multiply by 3 grams of fat: ($250 \div 100 = 2.5 \times 3 = 7.5$). This product can have up to 7.5 grams of fat and still have 30% of its calories from fat. Since this chicken dinner has only 6 grams of fat, you know that it has less than 30% of its calories as fat.

The next time you go shopping, find your favourite packaged foods, and look for a low-fat or “light” version of the same food. Compare the percentage of calories from fat in the two products. *Do this for three or four different products that you use on a daily basis.* You'll see how easy it is to find lower-fat versions of your favourite foods.

Now that you have learned how to read a label, the next step is to put your new skill to good use when buying food in the supermarket. On the next few pages, we give you tips on how to make wise choices when grocery shopping.



SMART SHOPPING

Knowing how to shop wisely is important to reducing the amount of fat you eat. Remember:

- Make a list, and keep to it. This will stop you from buying high-fat foods on impulse.
- Try not to shop when hungry, or you'll be sure to buy something you don't need!

Below is some information that will help you find low-fat foods the next time you go shopping.

FRESH PRODUCE

- Vegetables & fruit are low in fat and high in fibre, so choose a wide variety.
- Avocado, olives and coconut are high in fat, so buy them less often.

BREADS AND BAKED GOODS

- Whole-grain breads, white bread and raisin breads are good choices.
- Bagels are low in fat. Those with cheese, nuts or chocolate are a little higher in fat.
- Pita, flat bread and ready to eat pizza crusts are low-fat.
- Low-fat muffins and cakes, fruit breads and Angel Food cake are better choices than rich cakes, pies and donuts.
- Croissants, cheese buns, danishes, turnovers, donuts and commercial muffins are higher-fat choices.

PACKAGED GOODS

- Pasta, rice, barley, and bulgur are low in fat.
- Dried soups, meal helpers, casserole and noodle mixes are usually low in fat but high in salt. Add little or no fat when preparing them.
- Choose low-fat cookies, crackers, and cereal bars, and low-fat muffin and cake mixes.



SMART SHOPPING

CONDIMENTS

- Ketchup, mustard, relish, salsa, chutney, and pickles are low in fat.
- Choose low-fat or fat-free mayonnaise and salad dressings.

MEAT COUNTER

- Choose well-trimmed cuts of meat.
- Look for meat with little “marbling” (that is, with little fat throughout the meat).
- Poultry without the skin, lean pork and veal, organ meats, and lean or extra lean ground meat are good choices.
- Buy fresh and frozen fish that has no breading.
- Cold cuts such as turkey, chicken, lean ham, and roast beef are good choices.
- Side bacon, wieners, bologna, sausages and salami are higher in fat; choose these less often.

DAIRY COUNTER

- Choose skim or 1% instead of 2% or whole milk.
- Choose yogurt or cottage cheese with 2% M.F. (milk fat) or less.
- Choose sour cream with 5% M.F. or less.
- Choose lower-fat cheeses like: 1% M.F. processed cheese slices, “light” Parmesan, ricotta, and hard cheeses with less than 20% M.F.
- Butter and margarine have the same amount of fat.

CEREALS

- Choose high fiber cereals more often.
- Rolled oats, cream of wheat, and mixed-grain cereals are the best choices for cooked cereals.



SMART SHOPPING

FROZEN FOODS

- Frozen vegetables without added sauces are low-fat.
- Fried or breaded frozen products are often high in fat. Check the labels.
- Look for low-fat or low-calorie frozen meals and pasta.
- Frozen pizza, burritos, and similar snack foods can be high in fat. Check the labels.
- Choose lower-fat ice cream, sherbet and frozen yogurt, more often.
- Frozen pancakes are low in fat; frozen waffles are not.
- Frozen fruit and juices are fat-free.

CANNED AND BOTTLED GOODS

- Canned fruit juice and fruit contain no fat.
- Vegetable soups or low-fat canned cream soups are good choices.
- Choose low-fat or meatless canned or bottled spaghetti sauces.
- Soya sauce, oyster sauce, HP sauce, plum sauce, etc., are low in fat. Check the labels of other sauces especially cream sauces, used to marinate or add flavour to meat, fish and casseroles.
- Canned meats may be high in fat; read the label.
- Canned vegetables are low in fat.
- Canned baked beans, without pork, are a good choice.
- Look for water-packed or broth-packed tuna, salmon and sardines.
- Choose “light” peanut butter.
- Jams, jellies, honey, molasses and syrups are low in fat.

Getting ready to reduce fat.



How much fat should I eat?

According to Health Canada, you should get no more than **30%** of your calories from fat.

What does this mean?

Everyone needs a certain amount of food. Some people need more than others, depending on many factors -- age, gender, body weight, and especially how active they are.

The energy our food provides is measured in calories. The chart below shows that inactive men may need about 2200 calories a day, but very active men may need around 4000 calories.

Daily Calorie Requirements Based on Activity Level	
Activity Level	Calories
Inactive	2200
Active	2700
Very active	4000

Okay. I know my energy needs. How much fat can I eat?

You should only get about 30% of your calories from fat. Here's how to figure out how many grams of fat that adds up to. You may want to use your calculator.

1. From the “Daily Calorie Requirement” chart, choose the calorie level that best meets your energy needs. Let’s say you are active and you need 2700 calories a day.
2. Calculate 30% of this amount: $30\% \times 2700 = 810$ calories. You should get only 810 calories from fat.
3. Each gram of fat has 9 calories, so 810 calories would be supplied by $(810 \div 9 = 90)$ 90 grams of fat. Therefore, an active man should eat no more than 90 grams of fat a day.

Here is the same chart showing the number of grams of fat you should get for each activity level.

Daily Fat and Calorie Requirements Based on Activity Level		
Activity Level	Calories	Fat
Inactive	2200	75 g
Active	2700	90 g
Very active	4000	135 g

Can I eat less than 30% of my calories as fat?

Yes, but remember that you need some fat to stay healthy and it’s possible to eat too little.

Do I have to eat the same amount of fat every day?

No. The idea is to balance the amount of fat that you eat over a day, or over a week to equal about 30% of your intake. For example, if you ate a high-fat food for lunch one day, you could stay within your 30% calories from fat that day by eating lower-fat foods for dinner. If you went out to a party one night and had a few high-fat snacks, then you would balance your fat intake by eating more lower-fat foods the next day. This is how you can include higher-fat foods as part of a healthier, lower-fat way of eating.

So how much fat do I need to reduce?

To get an idea of how much fat you have to cut out, you have to have an idea of how much you are eating now. The *Fat Score Activity* on the next page can help you figure this out.



FOOD STEPS 3 ACTIVITY B

FAT SCORE

This is a three-step activity:

Step 1: keep track of everything you eat for 3 days.

Step 2: estimate how much fat you eat.

Step 3: figure out if you need to cut back.

This activity will give you a **rough estimate** of how much fat you're eating on any one day. Follow the instructions carefully and have fun finding out how much fat you eat.

Step 1: Keep track of everything you eat.

- **Photocopy** the *Food Record* on page 22 and the **FOOD LIST** on page 24 to 27, so you have enough for 3 days.
- **Write down** *everything* you eat and drink for the next 3 days on these *Food Records*. Choose two weekdays and a Saturday or Sunday since you probably eat differently on weekends. Be as accurate as possible about the type and amount of food that you eat. See example below:

FOOD	AMOUNT
Ham and Cheese Sandwich: whole wheat bread margarine ham processed cheese slices mayonnaise	 2 slices 2 tsp 2 slices 1 slice 1 tbsp

- **Don't forget to include:**
 - oil used in frying and cooking
 - butter and margarine
 - cream in coffee and tea
 - sauces, mayonnaise and salad dressings.

FOOD STEPS 3 ACTIVITY B

Your Food Record

Day:

FOOD	AMOUNT

FOOD STEPS 3 ACTIVITY B

Step 2: Estimate how much fat you're eating.

- Compare your *Food Records* to the *FOOD LIST* on the next few pages. At the end of each day, circle or underline the foods from the *FOOD LIST* that you ate during that day. Only foods that contain fat are important to this exercise. **Note**, that the *FOOD LIST* cannot cover all foods eaten.
- Fill in the number of servings you had for each item.
- Figure out how many grams of fat you ate by multiplying the number of grams of fat per serving by times number of servings. Enter this number in the last column.

For example:

- If you ate $\frac{1}{2}$ cup of potato salad you would enter 1 in the "Servings I Ate" column of the "VEGETABLES AND FRUIT" section, and 10 in the "Grams of Fat I Ate" column as 1 serving contains 10 grams of fat.
- If you ate 20 fast food French fries (2 servings) of French fries, you would enter 2 in the "Servings" column, and 20 (2×10) in the "Grams" column.
- Add an extra 10 grams of fat per day to cover foods you may have missed or that are not covered in the *FOOD LIST*.
- Total the amount of fat you ate during each day.
- Add the three daily fat totals together and divide by three in order to get an average amount of fat you ate per day.

FOOD STEPS 3 ACTIVITY B

FOOD LIST

Day: _____

Date: _____

This list does not include most fruits and vegetables since these foods contain little or no fat.

VEGETABLES & FRUIT	Grams Fat per Serving	Servings I Ate	Grams Fat I Ate
Avocado, ½ medium	15		
Hash browns, ½ cup (125 mL)	10		
Potato salad, ½ cup (125 mL)	10		
French fries, fast food, 10	10		
French fries, oven baked, 10	5		
Potatoes, scalloped or mashed with milk & butter, ½ cup (125 mL)	5		
Stir-fried or deep-fried vegetables, ½ cup (125 mL)	5		

This list does not include skim milk or skim milk products since these foods contain little or no fat.

MILK PRODUCTS	Grams Fat per Serving	Servings I Ate	Grams Fat I Ate
Whole milk, 1 cup (250 mL)	10		
2% milk, 1 cup (250 mL)	5		
1% milk, 1 cup (250 mL)	2.5		
Milkshake, 1 cup (250 mL)	10		
Ice milk or Frozen yogurt, ½ cup (125 mL)	2.5		
Yogurt, 2 - 3.5%, ¾ cup (175 mL)	5		
Yogurt 1% , ¾ cup (175 mL)	1		
Ice cream, 16% B.F., ¾ cup (175 mL)	20		
Ice cream, 10% B.F., ¾ cup (175 mL)	10		
Custard or Pudding, ½ cup (125 mL)	10		
Cheese, firm 1"x 1"x 3" piece, (50g)	15		
Part skim cheese, 1"x 1"x 3" piece (50g)	10		
Cottage cheese, 4.5%, 1 cup (250 mL)	10		
Cottage cheese, 2%, 1 cup (250 mL)	5		
Parmesan cheese, 2 Tbsp (30 mL)	15		
Part skim Parmesan, Mozzarella, Ricotta cheese 2 Tbsp (30 mL)	10		
Processed cheese, 1 slice	5		
Cream cheese, 1 Tbsp (15 mL)	5		
Cream, Sour cream or Whipped cream, 2 Tbsp (30 mL)	5		

FOOD STEPS 3 ACTIVITY B

FOOD LIST

This list does not include most dried peas, beans or lentils since these foods contain little or no fat.

MEAT & ALTERNATIVES	Grams Fat per Serving	Servings I Ate	Grams Fat I Ate
Beef, pork, lamb or poultry with skin, 3½ oz. (100g)	10		
Lean beef, lean pork, fish or skinless poultry, 3½ oz. (100g)	5		
Ribs, 3½ oz (100g)	20		
Ground beef, regular, 3½ oz (100g)	15		
Lean ground beef, 3½ oz. (100g)	10		
Bacon, 2 slices	5		
Salami or Bologna, 1 slice	5		
Sausage, 1 small	5		
Wiener, 1	10		
Salmon, canned in oil, 3½ oz. (100g)	10		
Salmon, canned in water, 3½ oz. (100g)	5		
Tuna, canned in oil, 3½ oz. (100g)	10		
Tuna, canned in water, 3½ oz. (100g)	1		
Egg, 1 medium	5		
Peanut butter, 2 Tbsp. (30 mL)	15		
Soybeans, 1 cup (250 mL)	15		
Soy drink, 1 cup (250 mL)	5		
Tofu, 3½ oz. (100g)	10		
Chickpeas, 1 cup (250 mL)	5		
Nuts or Seeds, 1 Tbsp. (15 mL)	5		
Fried Food*	5		
*Add 5 g fat for every serving of meat or alternative that is fried.			

This list does not include plain breads, pita bread, tortillas, soda crackers, most cereals, rice, pasta, barley, or bulgur, since these foods contain little or not fat.

GRAIN PRODUCTS	Grams Fat per Serving	Servings I Ate	Grams Fat I Ate
Bagel, plain, whole, 1	2		
Hot dog, hamburger bun, 1	2		
Granola, ½ cup (125 mL)	5		
Oatmeal, 1cup (250 mL) cooked	2		
Instant Raman noodles, 1 pkg	15		
Danish pastry, 1	10		
Cake, iced, small piece	10		
Croissant or Donut, 1	10		
Muffin or Scone, 1 large	10		
Waffle, 1 large round	10		
Pancakes, 2 medium	5		
Crackers, 5 average size	5		
Cookies, 2-3 average size	5		
Granola bar, 1 small	5		

FOOD STEPS 3 ACTIVITY B

FOOD LIST

These food values change often. Obtain up-to-date information from the fast food chain.

FAST FOODS (1997 values)	Grams Fat per Serving	Servings I Ate	Grams Fat I Ate
BURGER KING			
Whopper Junior Hamburger	8		
Whopper Sandwich	11		
Whopper with cheese	16		
Whopper with double beef and cheese	24		
Chicken Sandwich	43		
BK Broiler Chicken Sandwich	26		
MCDONALD'S			
Hamburger (small)	9		
Big Mac	30		
Quarter Pounder with cheese	30		
Arch Deluxe with Bacon	34		
McChicken Sandwich	29		
Chicken McNuggets 1 serve (6 pieces)	14		
Filet-O-Fish sandwich	19		
WENDY'S			
Big Classic Hamburger	19		
Bacon Cheeseburger	31		
Grilled Chicken Sandwich	8		
Chicken Club Sandwich	25		
Biggie Fries	33		
Garden Ranch Chicken Pita	21		
Grilled Chicken Caesar Salad/diet drsg	8		
PIZZA HUT			
Pan pizza: Pepperoni 2 pieces	34		
Supreme 2 pieces	30		
Vegetarian pizza 2 pieces	13		
KENTUCKY FRIED CHICKEN			
Centre breast 1	24		
Drumstick 1	9		
Thigh 1	18		
Wing 1	10		
2 piece dinner	40		
TACO BELL			
Taco 1	10		
Soft Taco (beef or chicken) 1	10		
Tostada 1	14		
Taco Salad	32		
Enchilada (beef & cheese) 1	8		
Burrito (beans & cheese) 2	18		

FOOD STEPS 3 ACTIVITY B

FOOD LIST

This list does not include pretzels, air-popped popcorn without added butter, and low-fat snacks, and non-fat salad dressings as they contain little or no fat.

OTHER FOODS	Grams Fat per Serving	Servings I Ate	Grams Fat I Ate
Macaroni & cheese 1 cup, (250 mL)	25		
Spaghetti & meatballs 1 cup (250 mL)	10		
Lasagna (meat & cheese) 1 piece 3" x 3"	20		
Shepherd's pie 1 piece 3" x 3"	20		
Chili (with beans) 1 cup (250 mL)	10		
Quiche Lorraine 1/8 of a 9" pie	20		
Fish & Chips dinner (avg)	30		
Frozen entree or dinner (regular) 1 avg	20		
Frozen entree or dinner (light) 1 avg	10		
Cheesecake, 1/12 of cake	20		
Pie, 1/6 of pie	20		
Pie, Fried, fast food	15		
Chocolate bar, 2 oz. (60g)	20		
Potato, Corn/Nacho chips, small bag (55g)	20		
Popcorn, popped in oil, 1½ cups (375 mL)	10		
Popcorn, air-popped, buttered, 2 cups	10		
Mayonnaise/Salad dressing 1 Tbsp. (15 mL)	5		
Mayonnaise, low calorie, 1 Tbsp. (15 mL)	5		
Gravy or Cream sauce, 3 Tbsp. (45 mL)	5		
Olives, 7-8	5		
Coconut, shredded, 2 Tbsp. (30 mL)	5		
Butter or Margarine, 1 tsp. (5 g)*	5		
Oil, 1 tsp. (5 mL)*	5		
*Remember to include amounts of fat added to grain products or vegetables.			

The total amount of fat I ate for Days 1, 2, and 3 combined was _____ grams.

Add 30 grams (3 x 10g) of fat to total: _____.

Divide this total by 3.

Average amount of fat per day: _____ grams.

[NB: This is not an exact count, but it will give you a good idea if you are eating too much or not.]

FOOD STEPS 3 ACTIVITY B

Step 3: Figure out if you need to cut back.

Compare how much fat you ate with the recommended amount for men. See the chart below:

Daily Fat and Calorie Requirements Based on Activity Level		
Activity Level	Calories	Fat
Inactive	2200	75 g
Active	2700	90 g
Very active	4000	135 g

Are you above or below the recommended amount?

- ☐ I ate less fat than the recommended amount. *Congratulations!*
You're on track!
- ☐ I ate more fat than the recommended amount. I have to cut back_____ (your average fat intake minus the recommended daily amount) grams per day.

Example:

Average daily amount:	115 g
Recommended amount for an active man:	<u>90 g</u>
The difference:	25 g

By reviewing his *Food Records*, this man can see how he can reduce his fat intake by about 25 grams per day.

(Adapted from Food Track: Check on Fat, B.C. Dairy Foundation, Burnaby, B.C., 1996.)

Almost there.

**Beat the
weight game!**



Now you have an idea of how much fat you are eating and how much you should cut out. You're almost ready to get started reducing fat. However, there are just a few more things to cover.

To beat the weight game, you need to keep these things in mind:

1. Watch Your Portion Sizes.

All foods add up in calories, even low-fat foods. In fact, many low-fat snack foods are high in calories. To avoid gaining weight, you need to think about the quantity of food you're eating, as well as the amount of fat it contains. Try not to eat too much of a good thing.

2. Choose food carefully when you eat on the run.

Some of the foods you think are low in fat may actually be high. For example here are some common choices for a quick breakfast or snack:

Carrot Muffin	22 g fat
Blueberry Muffin	11 g fat
Bran Muffin	10 g fat
Donut	11 g fat
Danish	11 g fat

Surprised about the muffins?



High-fat foods can be part of a healthy diet.



Action Plan for Healthy Eating.

Some better lower-fat choices are bagels and toast. The fat content of plain bagels is about 1.5g and for bagels made with cheese, chocolate, or mixed nuts, it's about 4g of fat. Toast, without butter or margarine, provides about 1.5 grams of fat per slice.

3. Keep physically active.

To keep your weight, you need to balance the calories you eat with the calories you burn off. To lose weight, you need to burn more calories than you eat. Aim to be physically active for 30 minutes or more several days a week, if not every day.

REMEMBER:

While your Action Plan focuses on reducing fat, **you can have a few high-fat foods once in awhile.** It's how *often* you eat them and how *much* of them you eat that's important. For example:

- 1 *small slice* of decadent chocolate cake once a week is fine. Eating a whole cake a week is not!
- 1 double cheeseburger with fries once in awhile is okay. But *every week* is not!

Your "Action Plan for Healthy Eating" is a ten week plan to help you reduce the amount of fat you eat. Your plan uses 10 strategies over 10 weeks to reduce fat:

**Improve your
chance of
success.**

1. Choose lower-fat foods in restaurants.
2. Use less fat in cooking and baking.
3. Reduce fat in your meat.
4. Eat more vegetables and fruits.
5. Choose lower-fat dairy products.
6. Put less fat on your food.
7. Use more low-fat and non-fat foods.
8. Reduce your portion sizes.
9. Eat fewer high-fat snacks.
10. Eat fewer fried foods.

You can do these strategies in what ever order you wish. If you already do limit fat in some of these ways, read the section anyway. You just might learn something new.

Your “Action Plan for Healthy Eating” also includes *Activities* to help you:

- deal with temptations and cravings
- keep you on track
- increase your physical activity.

Do these *Activities* as you come to them. They can help you stay on track.

Go at your own pace.

Changing your eating habits takes time. If you cut back slowly, little by little, you’ll get used to the taste of lower-fat foods. Pretty soon you’ll even prefer it; this is the key to long-term success. You can try going more quickly, but changing how you

Set fat-cut goals.



eat may take longer than you think. You're working towards long-term changes, so give yourself time.

For each week of your "Action Plan for Healthy Eating," you'll find *Fat-Cut* tips. Choose one or two fat-cut tips to begin with and make these your fat-cut goals for the week. Don't try too many at once, or you may find it too much.

After choosing your fat-cut tips, make a *pledge* to yourself to follow them. Write the fat-cut tips in the blank lines under the **Fat-Cut Record** in your "Action Plan."

For example: on page 38 is the strategy for **Week 3: Reduce the fat in your meat.**

Two fat-cut tips for that week are:

- Trim the visible fat from meat.
- Don't eat the skin on chicken and turkey.

Write these fat-cut tips in the Fat-Cut Record:

Fat-Cut Record

I will reduce the fat I eat this week by:

1. *trimming the fat off all my meat.*
2. *removing the skin from chicken.*

Chart your progress.

To see how well you are keeping to your fat-cut goals each week, use the *How Am I Doing? Activity* on the next page to track your progress.

FOOD STEPS 3 ACTIVITY C

How Am I Doing?

This *Activity* is a simple way to keep track of your progress in reducing fat and of your decision to eat better. It combines your fat-cut goals for the week with other healthy eating goals.

Make 10 copies of this sheet; one for every week of your “Action Plan.” Put them on your refrigerator or in some other readily seen place. From each week of your “Action Plan,” write the fat-cuts you planned to make that week under the “Fat-Cut Goals” in this *Activity*. Put a check (✓) in the column that best rates how you did each week. If you didn’t reach your goals for the week, think about how you might achieve them the next week and record your thoughts in the “Things to Work On” column.

Action Plan Week: _____

How Did I Do?

Fat-Cut Goals: _____ _____	Mostly	Partly	Not at All	Things to Work On
Did I achieve my fat cut goals this week?				
Did I eat at least 5 servings of fruit and vegetables each day?				
Did I choose whole grain breads and cereals daily?				
Did I get 30 minutes of physical activity on most days?				
Did I reward myself when I successfully dealt with temptation?				

**Ready for
Action.**

Now you are ready to reduce the amount of fat you eat. Choose a day to start your Action Plan. It may help you to make a promise to yourself, like a contract.

“I will start my Action Plan for Healthy Eating
on: _____(month),
_____(day), _____(year).”

Signed: _____

Witness: _____

On the next few pages are the 10 strategies to reduce fat. Spend a week on each strategy. Go week by week. Remember to set new fat-cut goals every week and to keep up the fat-cut tips you learn as the weeks go by! And don't skip the *Activities*; they will really help you fight temptation and cravings as well as help you to stay with your new fat-reducing goals.



Turn to the next page to begin your **Action Plan**. Since so many men eat out, the first strategy deals with eating out.



WEEK 1

HOT TIP:

Potato salad, macaroni salad, coleslaw and Caesar's salad are usually high in fat. Choose these less often.

Action Plan - Week 1

Strategy 1: Choose lower-fat foods in restaurants.

- Choose plain baked chicken breast, baked fish, small grilled steak, stir-fried meat and vegetables, or pasta with a meatless tomato sauce.
- Ask for food to be prepared the way you want. For example:
 - ask for no sauce, gravy, or salad dressing or have them served on the side
 - order a baked potato or plain rice instead of french fries or fried rice.
- Choose smaller portions of higher-fat foods, e.g. 6 oz steak instead of 8 oz.
- At buffets choose lean roast meats, steamed vegetables, baked potato and fresh salad items.
- Substitute lower-fat foods for high-fat foods, e.g. frozen yogurt for ice cream.
- Mix high-fat foods with lower-fat foods to reduce the fat content of the total meal, e.g. double burger and cheese with juice and frozen yogurt.

**WEEK 1
(continued)**

Action Plan - Week 1

Fast Foods:

- Choose low-fat muffins, English muffins, or bagels instead of regular muffins, danish or a croissant for breakfast.
- Choose grilled chicken sandwiches with no mayonnaise or special sauces.
- Choose a vegetarian or lean meat submarine instead of an assorted or meatball sub.
- Choose vegetarian or ham and pineapple pizza, no double cheese. Choose pan-fried pizza less often.

Less is Best!

Double Burger/Cheese	35g fat
Single Burger/Cheese	16g fat
Single Burger	9g fat

Fat-Cut Record

Fat-cuts: I will reduce my fat intake this week by:

1. _____
2. _____

Action Plan - Week 1

Saving Fat is a Matter of Choice

Here are some examples of how you can put your new skills to the test and save lots of fat. Below we compare some typical restaurant meals to show you how easy it is to reduce your fat intake when eating out.

High-fat Meals

Breakfast:

Bacon 3 slices,	8.0 g fat
Fried eggs 2	13.0 g
Toast 2 slices	2.0 g
Butter 2 tsp	8.0 g
Coffee/ cream	3.0 g
Total meal:	34.0 g fat

Lunch:

Pasta 1 cup	0.5 g fat
Cream sauce	
½ cup	12.5 g
Garden Salad	0.0
Italian salad	
dressing 2 Tbsp	14.0 g
Total meal:	27.0 g fat

Dinner:

Sweet & Sour	
Pork 1 cup	9.5 g fat
Fried rice 1 cup	10.0 g
Bread roll 1	2.0 g
Butter 1 tsp	4.0 g
Ice cream ½ cup	14.0 g
Total meal:	39.5 g

Total Day: 100.5 g

Lower-fat Meals

Breakfast:

Ham 2 slices	4.0 g fat
Poached eggs 2	11.0 g
Toast 2 slices	2.0 g
No butter	0.0
Coffee, 2% milk	0.5 g
Total meal:	17.5 g fat

Lunch:

Pasta 1 cup	0.5 g fat
Meat sauce	
½ cup	6.0 g
Garden Salad	0.0
Low-fat Italian	
dressing 2 Tbsp	1.5 g
Total meal:	8.0 g fat

Dinner:

Sweet & Sour	
Pork 1 cup	9.5 g fat
Plain rice 1 cup	0.0
Bread roll 1	2.0 g
Butter 1 tsp	4.0 g
Sherbet ½ cup	2.0 g
Total meal:	17.5 g

Total Day: 43.0 g

Action Plan - Week 2

WEEK 2

HOT TIP:

All oils, and butter and margarine are nearly 100% fat, so use as little as possible in your cooking.

Strategy 2: Use less fat in cooking.

- Don't fry or deep-fry your food.
- Instead of oil, saute vegetables and meat in a little broth, wine or water.
- Give casseroles or stews more flavour by using more spices, herbs, onion, flavoured vinegars, and wine.
- When you're cooking with cheese, use a low-fat variety, or cut the amount of regular cheese in half.

Reduce fat by up to 60%

When you make dry packaged products, such as macaroni & cheese dinners, stuffing, or seasoned rice, don't add any fat. For each tbsp. of butter you don't use, you save 12 grams of fat!

Fat-Cut Record

Fat-cuts: I will reduce my fat intake this week by:

1. _____
2. _____

Action Plan - Week 2

Making Favourite Recipes Healthier

We all have favourite foods and meals that we don't want to part with, but some of them are high in fat. Knowing how to take out some of the fat, without changing the taste, can really help you stay with a lower-fat way of eating. Here are some tips:

- Cut down on the fat in recipes. Start by cutting just a little. Each time you make the recipe, cut more until you find the smallest amount that still gives you good results.
- Substitute low-fat products for regular products in recipes.
- Use more spices, herbs, onion, flavoured vinegars or wine to give casseroles or stews more flavour.

Here are some useful substitutes:

If your recipe calls for this...	Try this instead...
whole milk 1 cup	1 cup skim milk, 1% milk, low-fat buttermilk or ½ cup low-fat evaporated milk and ½ cup water.
whole milk cheese 30g/1 oz, processed cheese 1 slice	30g part skimmed cheeses like ricotta or mozzarella. Choose the cheese with lowest % MF (milk fat). 1 slice Light or Ultra Light processed cheese slices.
cream cheese 1 tbsp	1 tbsp low-fat cream cheese, quark, strained and blended low-fat cottage cheese.

Action Plan - Week 2

If your recipe calls for this...	Try this instead...
sour cream 1 tbsp	1 tbsp 1% MF sour cream or non-fat sour cream or low-fat plain yogurt.
ice cream ½ cup	½ cup low-fat frozen yogurt, sorbet, sherbet, low-fat ice cream, ice milk.
egg 1	2 egg whites = 1 whole egg, ¼ cup low-fat egg substitutes.
shortening, butter and margarine in baking	replace 1/3 of total fat with pureed banana, pears, crushed pineapple or applesauce, (liquid and sugar may need to be adjusted).
cooking oil	use non-stick pan or cooking spray, or use wine or broth to steam foods.
vegetable dips	low-fat yogurt & ricotta cheese blended 50:50, or low-fat sour cream.
base for cream soups, sauces or casseroles	1 cup low-fat yogurt with 2 tbsp flour or 1 cup of 2% evaporated milk with a bouillon cube & 1 tbsp flour.
butter & flour to thicken gravy	cornstarch 1 to 2 tbsp plus cold water to make a paste.
mayonnaise ½ cup	low-fat or non-fat yogurt (½ cup yogurt with ½ tsp mustard and salt & pepper to taste) or ½ cup low or non-fat mayonnaise.
baking chocolate	3 tbsp of cocoa powder & 3 tbsp of water per ounce of chocolate.

Use these ideas and any others that you may have to reduce the amount of fat that you use in cooking and baking.

Action Plan - Week 2

Cookbooks For Healthy Eating

Listed below are some of the great cookbooks available for low-fat cooking. Buy one and enjoy some delicious meals!

Anne Lindsay's New Light Cooking. Lindsay, A., Beatty, D. and The Canadian Medical Association. Toronto: Ballantine Books, 1998.

Canadian Living's Best Light Cooking. Baird, E. and the Food Writers of Canadian Living Magazine and The Canadian Living Test Kitchen. Toronto: Telemedia Communications Inc. and the Madison Press Ltd., 1994.

Healthy Pleasures. The Canadian Dietetic Association in Collaboration with the Canadian Federation of Chefs and Cooks. Toronto: Macmillan Canada, 1995.

Looneyspoons: Low-Fat Food Made Fun! Podleski, J. and G. Ottawa: Granet Publishing Inc., 1996.

More Heart Smart Cooking. Stern, B. Toronto: Random House of Canada, Ltd., 1997.

The Enlightened Eater. Schwartz, R. Toronto: Macmillan Canada, 1994.

Suppertime Survival. Roblin, L. and B. Callaghan. Toronto: Macmillan Canada, 1996.

Cooking Vegetarian. Forrest, J. and V. Melina. Toronto: Macmillan Canada, 1996.

Canadian Living's Best Vegetarian Dishes. Baird, E. and the Food Writers of Canadian Living Magazine and The Canadian Living Test Kitchen. Toronto: Madison Press Books, 1997.

Action Plan - Week 3

WEEK 3

HOT TIP:

Lean ham or peameal bacon are lower in fat and better value than bacon or sausage.

Strategy 3: Reduce the fat in your meat.

- Choose leaner meats. Look for meat with little outside fat and little or no fat showing throughout meat.
- Trim any visible fat from all meats.
- Eat less sausage, wieners, bacon and bologna.
- Don't eat the skin on chicken and turkey and reduce the fat by 50%.

How to remove ONE-HALF of the Fat in Ground Meat

- In a non-stick pan, fry ground meat.
- Drain off fat. Place meat into a sieve or colander.
- Rinse meat under warm water.
- Rinse the pan to remove fat.
- Return meat to clean pan, and add spices and flavouring.

Fat-Cut Record

Fat-cuts: I will reduce my fat intake this week by:

1. _____
2. _____

Action Plan - Week 4

WEEK 4

HOT TIP:

Frozen mixed vegetables are tasty and great time savers. Always keep a bag handy in the freezer.

Strategy 4: Eat More Vegetables & Fruits.

- When you get home from work and you're hungry, eat a piece of fruit.
- Keep a bag of prepared raw vegetables like carrot sticks in the refrigerator, to munch on when you're hungry.
- Serve at least two kinds of vegetables with every dinner.
- Have fresh or canned fruit for dessert. It's quick and tasty.

Quick Baked Apple Dessert

Wash and core 4 apples. Fill centres with brown sugar, cinnamon, & raisins. Cook in the microwave until tender (about 15 minutes).

Fat-Cut Record

Fat-cuts: I will reduce my fat intake this week by:

1. _____
2. _____

Action Plan - Week 4

Keep on Track!

You're three weeks into your Action Plan, and you may be feeling the urge to eat some of your favourite high-fat foods. What can you do? Here are some tips to keep you on track:

- Don't keep high-fat foods around.
- Choose places to eat where you know you can get low-fat foods.
- Eat small, frequent meals and snacks throughout the day; hunger often triggers a desire for high-fat foods.
- If you are going to be tempted at social gatherings, take along a friend who supports your goals to reduce fat.
- Eat before you go to a party so you're full and, therefore, less tempted to eat high-fat foods.
- Choose smaller portions of your favourite high-fat foods and mix them with lower-fat choices at the same meal.
- Tell your friends and family about your new plan and ask them to help keep you on track.
- Drink plenty of water.

Action Plan - Week 5

WEEK 5

HOT TIP:

The label on all milk products must state the % Milk Fat (M.F.) or Butter Fat (B.F.). Choose the product with the lowest percent.

Strategy 5: Choose lower-fat dairy products.

- Buy skim or 1% milk. Use it instead of 2% or whole milk for drinking, cooking, and instead of cream in tea and coffee.
- Use 1% or non-fat sour cream, or low-fat yogurt.
- Choose low-fat or fat-free cheese slices, reduced-fat, and partially skim hard cheeses.
- Instead of regular ice cream, choose low-fat, or reduced-fat ice creams, or low-fat frozen yogurt.

For Richer Flavour

Use evaporated skim milk instead of regular skim milk in custards, puddings and sauces, and in coffee and tea.

Fat-Cut Record

Fat-cuts: I will reduce my fat intake this week by:

1. _____

2. _____

FOOD STEPS 3 ACTIVITY D

Eat Well And Be Active!

Reaching a healthy weight and staying there means eating well and being physically active. This guide is helping you to eat better by reducing the amount of fat you eat. It's also important to be physically active on a daily basis. Being active will not only help you maintain your weight, it will give you more energy and will make you feel great!

It's easy to add physical activity to your daily routine. *Any* type of physical activity will do... as long as it's fun and you try and do some every day.

Here are some activities that you could easily add to your daily routine. Check off your favourites and add a few of your own.

- ☐ get off the bus one or two stops before your stop
- ☐ park farther from work (walk the rest of the way)
- ☐ play with the kids (tag; catch; Simon Says)
- ☐ walk the dog after dinner
- ☐ go bowling, or dancing, or golfing, or fishing...
- ☐ do yard work (cut the grass, weed the garden, plant flowers)
- ☐ play basketball, or badminton, or volleyball, or hockey...
- ☐ _____
- ☐ _____
- ☐ _____

Set yourself a goal to get at least 30 minutes of physical activity each day.

Action Plan - Week 5

You're Half-Way!

CONGRATULATIONS! You're half-way through. By now, you have made 5 or more fat-cuts in the foods you buy, prepare and eat. And, I'll bet you didn't even find it that hard!

REWARD YOURSELF. You deserve it!

Here are some suggestions:

- ☐ read a book or magazine
- ☐ go fishing, golfing, or dancing
- ☐ buy yourself tickets to a hockey game
- ☐ go to a movie

Reward yourself often along the way, especially at the end of each week. It's important and you deserve it.

KEEP UP THE GOOD WORK

You may be wondering if you can stick with it. This is normal; many women feel this way.

To keep going, remind yourself:

- "Changing old patterns takes time."
- "I am not on a diet. This is a long term change I am working toward."
- "I am determined to win this one."
- "I'm half-way there!"

Every time you control what you eat, you prove to yourself that you *can* do it, and you can keep on doing it.

Action Plan - Week 6

WEEK 6

HOT TIP:

1 tsp butter or margarine has as much fat as 4 slices of whole wheat bread.

Strategy 6: Put less fat on your food.

- Have bread, rolls, bagels or muffins without butter, margarine or cream cheese.
- On sandwiches, instead of butter or margarine, try mustard, ketchup, relish, or low-fat mayonnaise.
- On toast, use jam or honey.
- Use “light” peanut butter or butter but not both, and spread it thinly.

Low-Fat Gravy

- Remove meat drippings from heat.
- Add several ice cubes to meat drippings. Let stand until fat layer forms. (Refrigerating the drippings can speed up the process).
- Skim off layer of gelled fat.
- Finish making gravy.

Fat-Cut Record

Fat-cuts: I will reduce my fat intake this week by:

1. _____
2. _____

Action Plan - Week 7

WEEK 7

HOT TIP:

Pita bread is low in fat. With low-fat cheese and lower-fat toppings, like pineapple, ham or vegetables, it makes a great pizza!

Strategy 7: Choose more low-fat and non-fat foods.

- Instead of sour cream, try low-fat yogurt with chives on a baked potato.
- For lunch, have low-fat canned cream and vegetable soups.
- Try low-fat crackers, potato chips, tortillas, and cereal bars.
- Try low-fat baked goods like low-fat muffins or brownies.
- Use lower-fat whipped topping on fruit or your favourite desserts.

Quick & Delicious Low-Fat Dip

1 pkg. Dry Vegetable Soup Mix
2 cups (500g) 1% or fat-free Sour Cream. Mix well. Let stand for 15 minutes. Serve with raw vegies/low-fat crackers.

Fat-Cut Record

Fat-cuts: I will reduce my fat intake this week by:

1. _____
2. _____

Action Plan - Week 8

WEEK 8

HOT TIP:

Here's a way to include your favourite high-fat foods—just reduce the portion size!

Strategy 8: Reduce your portion sizes.

- Keep the portion size of meat to the size of a deck of cards.
- Limit the number of slices of meat and/or cheese you put on a sandwich.
- Have a smaller portion of higher-fat dishes. Fill up with more salad, vegetables, bread, and fruit.
- Have only 1 scoop of regular ice cream or a small piece of cake or pie.

Beware!

Two servings of a lower-fat food can have the same amount of fat and twice the calories of a single serving of the regular-fat version.

Fat-Cut Record

Fat-cuts: I will reduce my fat intake this week by:

1. _____
2. _____



FOOD STEPS 3 ACTIVITY E

Temptations Temptations Temptations!

Congratulations, you're almost done your Action Plan. By now, you might be getting cravings for some of your favourite high-fat foods. While you can enjoy high-fat foods now and again, you don't want to eat too many. This activity can help you control your temptations and cravings.

There are certain times, places, situations and events that tempt you to eat high-fat foods. Identifying these situations is the first step to controlling them. Listed below are some common things that might tempt you. Check off any that apply to you, then write down some of your own that we may have missed.

- ☐ coffee break at work
- ☐ hunger
- ☐ partying with friends
- ☐ travelling and having to eat on the road
- ☐ hockey or baseball games at arenas, movie theatres
- ☐ watching sports on T.V.
- ☐ working late
- ☐ driving past fast food outlets when you're hungry or late
- ☐ celebrating birthdays, anniversaries, and special events
- ☐ eating out with friends
- ☐ seeing someone eating your favourite high-fat food
- ☐ _____
- ☐ _____
- ☐ _____

Use the strategies on the next page, they can help you deal with your temptations.



FOOD STEPS 3 ACTIVITY E

Dealing With Temptations

Many men deal with temptation using will power alone. They say to themselves,

“Do I really need this food item? No! I don’t, so I won’t eat it.”

Others cope by simply avoiding certain situations. For example:

“I can’t go to a hockey game, there’s only high-fat food there!”

These are good strategies, but they don’t work in every situation. To be successful, you need more than one strategy. Think about it. How long are you going to avoid hockey games, movies, or parties where there are only high-fat foods?

Here are some other ways to deal with these temptations:

Sports games, parties, movies:

1. Eat before you go, so you’re not hungry.
2. Carry low-fat cereal bars or mini boxes of raisins in your jacket pocket to overcome hunger.
3. Buy the smallest size of a high-fat item. If it’s popcorn don’t add butter.



FOOD STEPS 3 ACTIVITY E

Here are some more ways to deal with temptations. Check off any that might work for you.

- ☐ make up a list of things you need to do
- ☐ drink water to fill up
- ☐ work on a hobby that requires concentration
- ☐ start working on a new task
- ☐ brush your teeth
- ☐ do some yard work
- ☐ plan ahead how you are going to deal with a situation
- ☐ eat a smaller portion
- ☐ talk yourself out of it
- ☐ avoid the situation

Now go back and look at your list of temptations. Choose the two that tempt you most. For EACH one, write down 2 ways you could control your craving when you face that temptation.

temptation: _____

strategy: _____

strategy: _____

temptation: _____

strategy: _____

strategy: _____

Practise these and other strategies the next time you are faced with a tempting situation. They will help you to take control. Time to move on to week 9.

Action Plan - Week 9

WEEK 9

HOT TIP:

Low-fat chocolate milk makes a great thirst quencher!

Strategy 9: Eat fewer high-fat snacks.

- Try low-fat and reduced-fat versions of your favourite snacks. Low-fat potato chips, cookies, crackers, cereal bars and ice cream are all available and tasty.
- Instead of a high-fat snack, have fruit or raw vegetables.
- Plain popcorn, pretzels, pita puffs, and rice cakes are delicious and naturally low in fat.
- Keep a couple of snack pack boxes of raisins, cereals and other low-fat snacks at work for when you're "starving."

For a Great Night-Time Snack

Have a bowl of your favourite cereal with fresh fruit and skim or 1% milk

Fat Record

Fat-cuts: I will reduce my fat intake this week by:

1. _____
2. _____

Action Plan - Week 10

WEEK 10

HOT TIP:

Saute meat and vegetables in a little broth or wine instead of oil.

Strategy 10: Eat fewer fried foods.

- Instead of frying or deep-frying: bake, broil, barbecue, poach or microwave meat and other foods.
- Stir-fry meat, chicken or vegetables using a non-stick pan and small amount of cooking spray.
- Frozen foods such as french fries and fish cakes don't have to be fried. Bake them and cut out 30% of the fat.
- Instead of frying, poach, boil or microwave your eggs.

Reduce Half the Fat in Battered Foods

Make your own batter for meat or fish with seasoned bread crumbs, or use a commercial mix. Bake in the oven.

Fat Record

Fat-cuts: I will reduce my fat intake this week by:

1. _____
2. _____

A few last thoughts.



Looking ahead.



CONGRATULATIONS!!

You are well on the way. By now, you should have made about 20 fat-cuts! That's something to be proud of.

Your hard work, self control, and new skills have paid off. You know how to deal with cravings and how to resist temptation.

Of course there will be times when you will crave a favourite high-fat food, and that's okay. Remember, you *can* still eat some high-fat foods. But when you find yourself eating too many, go back and review the activities to help you control your fat cravings.

Keep practising your new eating habits for the next few weeks. Review the 10 strategies and see if there is more fat that you could cut out. Keep track of the fat-cuts you make, and, if you need to, redo the activities in this guide. They'll help you stay on track.

When you're ready, be sure to order the next guide. It's called:

***FOOD STEPS 4: A Guide For Men
Who Want To Keep Their
Low-Fat Way Of Eating***

**Change may
not be easy.**



Step 4 of the **FOOD STEPS** series includes more nutrition information and more tips to help you deal with temptations to eat high-fat foods again. It will help you to eat less fat for good.

Why should I need this guide?

A psychologist, Dr. James Prochaska, found that people go through several stages when they are trying to change their behaviour.

Here are the stages you probably went through when you decided to change what you eat:

- Stage 1:** You weren't even thinking of changing how you eat.
- Stage 2:** You began to think about reasons for changing how you eat.
- Stage 3:** You actually started eating better. ***You are likely at this stage.***
- Stage 4:** You make healthy eating a permanent part of your life. ***We hope you will move to this stage next.***

Dr. Prochaska found that most men go through these stages whether they are giving up smoking or changing the way they eat. He also found that men tend not to go through the stages smoothly.

Instead they may cycle back and forth several times before they finally change for good. This may happen to you, but don't get discouraged. Each time you cycle through the stages, you get better at meeting the challenges. And eventually you succeed in changing the way you eat for good.

You may feel that you have successfully changed your eating habits and there is no way you will go back to the way you used to eat. This may be true for you, or you may slip back into your old habits. It might help you to think about friends or family who successfully quit smoking, lost weight, or gave up alcohol, only to slip back to old habits after a few months or years. That's why it's a good idea to order the next guide in this series: ***FOOD STEPS 4***. It will help you stay with your new way of eating by giving you strategies to keep yourself on track.

You can order your ***FOOD STEPS 4*** guide by telephone or mail. Use the ORDER FORM that comes with this guide. It has our address and phone number.

Good Luck!

For More Information

About the *FOOD STEPS* Program:

- Call the organization stamped on the back cover of this guide and ask for the *FOOD STEPS* Program.

For reliable information on Nutrition and Your Health:

- Call a Public Health Dietitian or Public Health Nutritionist at your local Public Health Unit.
- Call a Registered Dietitian at your local hospital or community health centre.
- Visit the web site of the Dietitians of Canada at www.dietitians.ca
- Visit the web site of Publications, Health Canada at www.hc-sc.gc.ca
- Call the Heart Health Resource Centre 1-800-267-6817 for information and a Heart Health Contact in your area.

For more information about:

- A private practice dietitian in your area, call your local Public Health Unit.
- Nutrition and heart disease, call your local chapter of the Heart And Stroke Foundation of Ontario.
- Nutrition and cancer, call your local chapter of the Canadian Cancer Society of Ontario.

FOOD STEPS: A Guide To Eating Better

FOOD STEPS 1:

A Guide For Men Who Don't Want To Change The Way They Eat

This guide invites you to think about why you eat the way you do.

FOOD STEPS 2:

A Guide For Men Who Are Thinking About Changing The Way They Eat

This guide helps you look at the pros and cons of eating better and asks you to decide if you're ready to change your eating habits.

FOOD STEPS 3:

A Guide For Men Who Are Ready To Reduce The Amount Of Fat They Eat

This guide helps you eat less fat. It gives you a 10 week, step-by-step Action Plan to reduce your fat intake, and helps you identify and deal with things that tempt you to eat a lot of high-fat foods.

FOOD STEPS 4:

A Guide For Men Who Want To Keep A Low-Fat Way of Eating

This guide shows you how to keep your low-fat way of eating for good.



For More Information Contact:

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